



Unit 1: Workout and Move Your Body

Week 2: 1/14/2021

WHAT WE DID AND

We reviewed why we need to workout and move our bodies and what we need.

1. Healthy weight
2. Healthy heart
3. Gives us energy and make us happy



Water, the right clothes and shoes and space to move

We talked about what they did last week to workout and move their bodies.

- Nate played basketball and did chin-ups.
- Kate has been walking her dog and doing aerobics at school.
- Chloe did 30 push ups.
- Shaylee danced and so did Emeree.
- Abigail did work outs with her mom.
- And Serah rode bikes with her dad.

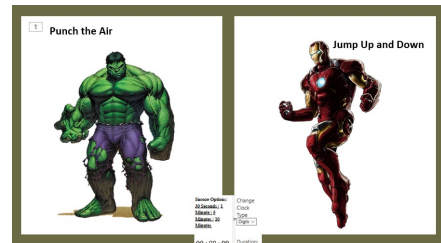
We warmed up and stretched our muscles with the spin wheel. Everyone got a chance to spin and stop.



Jumping Jacks, Arm Circles, Stretching Up and Stretching Down, Running in Place

We got a good workout with

- Superhero moves. Participants selected one of two choices and we did our moves with the countdown clock for 40 sec. Spiderman, Ironman, Superman, Batman, Wonder Woman and more.



- And our Elsa Freeze Workout on YouTube with our Ice Queen Moves! <https://youtu.be/R-dpQ2JjJCw>



We cooled down with some conversation and talked about next week our final week of Unit 1.

Next Week: Unit 1, Week 3

Help your participant get prepared!

- ⇒ A special badge for who can tell me the three reasons we workout and move our bodies.
- ⇒ Workout Challenge Badge. Whoever can do the most wins that challenge. Jumping Jacks, Sit Ups, Running in Place, and Lunges.
- ⇒ We will also do some yoga exercise.

See you next week!